



# Your GENOME & YOU

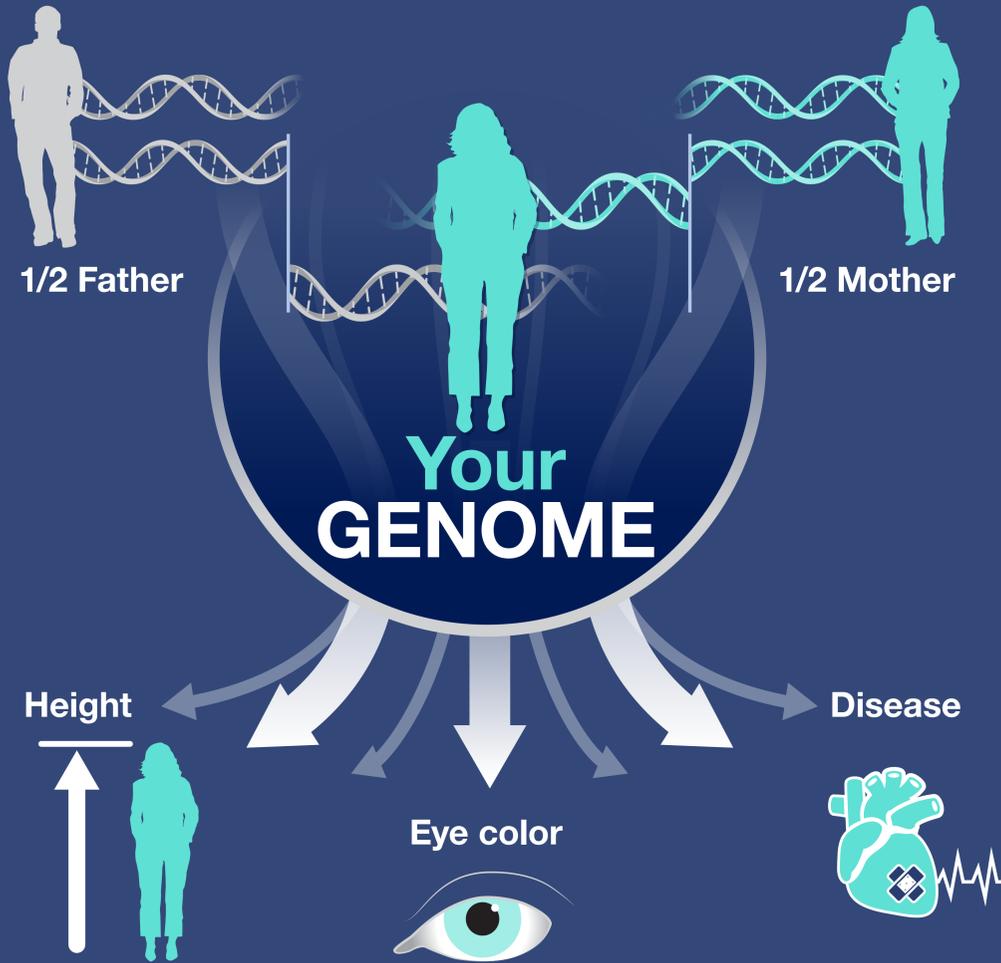


Knowing about your genome helps you understand your health and supports your health decisions.

**GENOME** is just a fancy word for all your DNA.

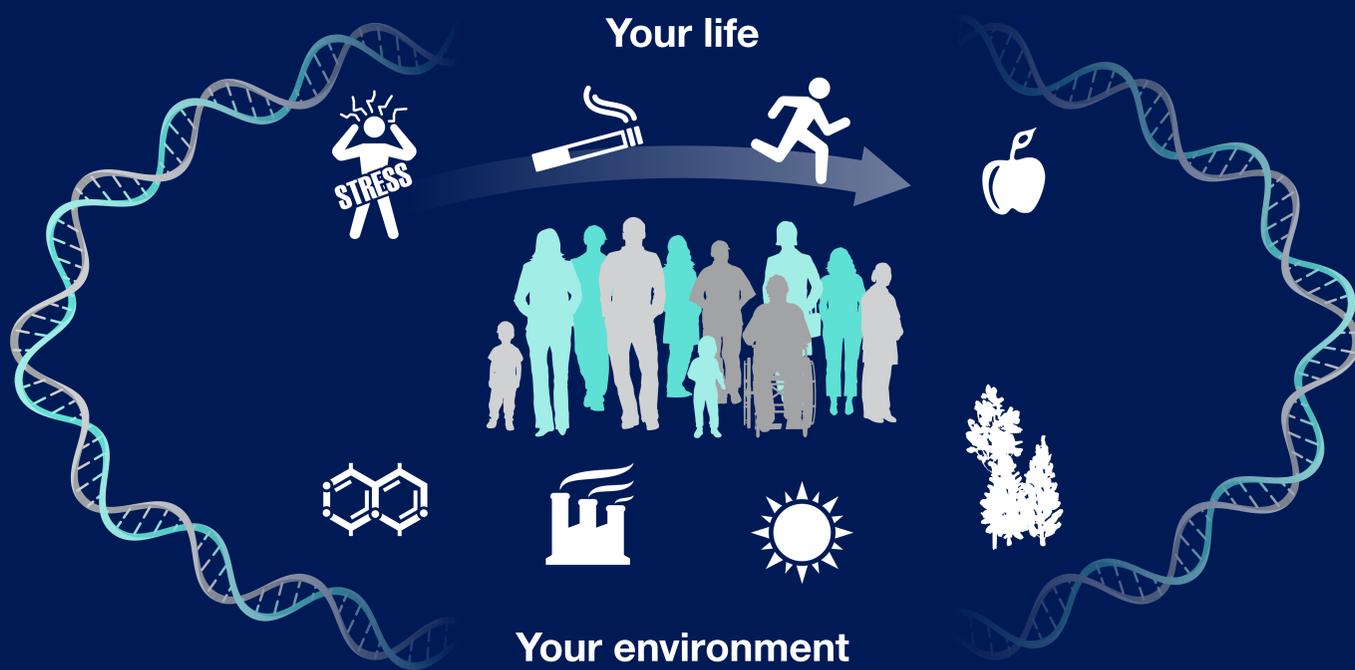


Your **GENOME** contains all the instructions for you to grow throughout your lifetime. These instructions are passed down from your mother and father.



These instructions make you unique.

You can play an active role in keeping your genome healthy. You can eat healthy foods. You can exercise. You can avoid things that might cause diseases.



We are learning new things about the human genome every day.